

COMMONWEALTH OF AUSTRALIA

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Family Name	
Given Names	
Student Number	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Teaching Period	Semester 2, 2016

FINAL EXAMINATION	DURATION
SPE330 – Exercise and Health	
	Reading Time: 10 minutes
	Writing Time: 180 minutes

INSTRUCTIONS TO CANDIDATES

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

Any non-programmable calculator is permitted

No handwritten notes are permitted

No dictionaries are permitted

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	1 x 16 Page Book Faculty/School Multiple Choice Answer Sheet

**THIS EXAMINATION IS PRINTED
DOUBLE-SIDED.**

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BLANK.**

SECTION A

Multiple Choice Questions

Total No of Marks for this section: 40

This section should be answered on the Answer Sheet provided. Please ensure that your name and student number have been written on the Answer sheet and place in the completed answer Booklet.

Marks for each question are indicated. Suggested Time allocation for Section A: **60 minutes**.

This is the end of Section A. Total 40 marks

Please ensure that you have written your name and student number on your answer sheet.

Name _____

Student Number _____

SECTION B

Short Answer Questions

Total No. of Marks for this section: 40

Answer 10 of 10 questions in the spaces provided in this Exam Paper.

Marks for each question are indicated. Suggested Time allocation for Section B: **60 minutes**.

Question 41

Question 42

What are the four (4) skill related components that increase or improve when people participate in physical activity?

i) _____

ii) _____

iii) _____

iv) _____

(Marks: 4)

Question 43

Question 44

a) After a myocardial infarction, a patient may be required to undergo an exercise test. List two (2) reasons why.

i) _____

ii) _____

(Marks: 2)

b) Fill in the blank spaces for the following statements

i) Prior to a test result, the likelihood that a female aged 51 years with nonanginal chest pain has atherosclerotic cardiovascular disease is _____

ii) Prior to a test result, the likelihood that a male aged 49 years with typical angina pectoris has atherosclerotic cardiovascular disease is _____

iii) Prior from a test result, the likelihood that a female aged 34 years with atypical angina pectoris has atherosclerotic cardiovascular disease is _____

(Marks: 3)

Question 45

a) According to the ACSM Guidelines for Exercise Testing and Prescription, there are four (4) components of an exercise training session. Briefly describe two (2).

i) _____

ii) _____

(Marks: 4)

Question 46

Please provide definitions in the spaces available for:

i) Relative to muscular actions, please define “power”:

ii) Range of Motion:

iii) Define “agility”:

(Marks: 3)

Question 47

Question 48

Fill in the blank spaces for the following statements.

A child is classified as being below the age of _____. The classification of adolescents are as being between the ages of _____ and _____

Older adults are greater than _____ years of age, or _____ to _____ years old with clinically significant conditions or physical limitations affecting movement, fitness, or activity.

(Marks: 4)

Question 49

Many people involved in sport require education that can assist in the reduction, recognition, and treatment of heat-related illness. There are 15 questions an individual should ask themselves and corrective actions should be taken if any of the questions are answered with a "no". List three (3) of the 15 questions that should be asked prior to exercising in a hot environment.

i) _____

ii) _____

iii) _____

(Marks: 3)

Question 50

When training people who have hypertension, special considerations have to be made. Identify three (3) special considerations for exercise prescription for people in this population.

i) _____

ii) _____

iii) _____

(Marks: 3)

This is the end of Section B. Total 40 marks.

Please ensure that you have written your name and student number on the section B answer sheet.

SECTION C

Short Essay Question

Total No of Marks for this section: 40

This section should be answered in the Answer Booklet provided.

Answer 4 of 4 questions. **Note: choose only one of part (a) or (b)**

Clearly indicate what part you have chosen.

You may use diagrams to help answer the questions.

Marks for each question are indicated. Suggested Time allocation for Section C: **60 minutes**.

Question 51

EITHER

- (a) Relative to aerobic & resistance exercise and using the FITT framework, describe the current American College of Sports Medicine (ACSM) recommendations for exercise testing **prior to** exercise prescription for people with high blood pressure.

OR

- (b) Relative to aerobic exercise and using the FITT framework, describe the current American College of Sports Medicine (ACSM) recommendations for exercise prescription for people with asthma.

(Marks: 10)

Question 52

EITHER

- (a) What are common general injury risk issues for people with osteoporosis that should be considered prior to, as well as, during prescribed exercise.

OR

- (b) What precautions should be taken into account when carrying out exercise testing for individuals with Peripheral Artery Disease (PAD)?

(Marks: 10)

Question 53

EITHER

- (a) Exercise testing can be carried out as sub-maximal or maximal. Compare and contrast the differences between maximal and submaximal exercise testing. Include reasons why one would be chosen over the other, as well as the type of monitoring that is required. Areas to include are: Frequency; Intensity; Time; Type; and Progression. Also list common field and lab based tests for both.

OR

- (b) Pre-exercise physical examinations are important, as is the individual's medical history. What are the appropriate components of a physical examination that make up a pre-exercise assessment?

(Marks: 10)

Question 54

EITHER

- (a) Exertional heat illness can result in minor problems such as muscle cramps, through to life threatening situations such as hyperthermia. From the following list of signs and symptoms, explain what are the prominent signs and symptoms for each condition.
- Exertional heatstroke.
 - Exertional heat exhaustion.
 - Heat syncope.
 - Exertional heat cramps .

OR

- (b) For individuals who are overweight or obese, what are the relevant aerobic, resistance, and flexibility exercise parameters? Using the FITT framework, describe the current American College of Sports Medicine (ACSM) recommendations for exercise prescription for this population.

(Marks: 10)

This is the end of section C.

Total 40 marks